

ACTIVITY: MAKE A COPING BOX

A coping box is a physical box that contains items that offer comfort and can be used to help children to calm down and express themselves in healthy ways, while learning to manage worry, stress or other big feelings. Having different items that help your child feel comforted in one place makes it easier for them to remember to use and access when difficult feelings come up.



WHAT TO DO

- Have your child take time to make their box represent their own personality! They can decorate the outside of the box with positive affirmations or pictures of things they like.
- Fill the box with their coping tools – what works for each child will vary and may change over time and in different situations. Encourage your child to try various tools.

WHAT TO PUT IN THE BOX

- Tools to help with deep breathing (e.g., pinwheel, bubbles, breathing exercises).
- Distraction items (e.g., fidgets, books, look and finds, puzzles, games, playdough, music, colouring pages).
- Emotional process items (e.g., journal, writing or drawing supplies).

WHAT YOU NEED

- Any small box or container, such as a tissue box or shoe box
- Items to decorate the box (markers, stickers, paint, glitter, etc.)
- Small pieces of paper
- Pencil or marker

TIPS

- Try finding different tools that engage all five senses. This often helps ground children who are feeling emotionally overwhelmed.
- Practice using the coping toolbox when your child is calm, and talk with them about how the items can be used when they are in stressful situations.
- Find a place to keep the box where your child can easily access it when needed.

Remember: Everyone's box will look and be filled with items that are unique to them and these coping tools will change over time. Take the time to figure out what works best for your child and what they most want in their own coping box!

Don't forget to take a photo of your coping box and share it with us! Follow us on social media:

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